Military and Family Life Counseling Program

What is the Military and Family Life Counseling Program?

- ✓ Provides free, confidential non-medical counseling for service members, their families and survivors – personal records are not kept
- ✓ Provides psycho-educational briefings and presentations
- ✓ Augments existing military support services
- ✓ Provides services on or off of military installations

Who are military and family life counselors and what do they do?

- ✓ Master's or doctorate-level licensed counselors
- ✓ Work with families, individuals, couples and children
- ✓ Work with existing military and family support program to augment other services provided

Who is eligible for Military and Family Life Counseling services?

- ✓ Active duty service members
- ✓ National Guard members
- ✓ Reserve members (regardless of activation status)
- ✓ Department of Defense civilian expeditionary workforce members
- ✓ Immediate family members or surviving family members of any of the above groups.

Not sure? Contact Military OneSource at 800-342-9647 or visit your installation's Military and Family Support Center for more information.

Adult military and family life counselors

Life skills

- Anger management
- Communication
- Relationship issues
- Conflict resolution
- Parenting
- Decision-making skills

Military life

- Deployment stress
- Coping skills
- Homesickness
- Relocation adjustment
- Reintegration
- Separation
- Building resiliency
- Sadness, grief and loss

Child and youth behavioral military and family life counselors

Counselors are available to meet with military children and their families to discuss:

- Self-esteem issues
- Communication and relationships at home and school
- Life skills, such as problem solving and adjustment
- Behavioral issues, including bullyin and anger management
- Changes at home, such as deploym reunion, divorce and grief

Child and youth behavioral military and family life counselors

Need to get in touch?

Ask about child and youth behavioral counselors at the following locations:

- Child development centers
- Installation-based youth and teen centers
- On and off installation public schools
- Department of Defense Education Activity schools
- Operation Purple camps

On-demand support

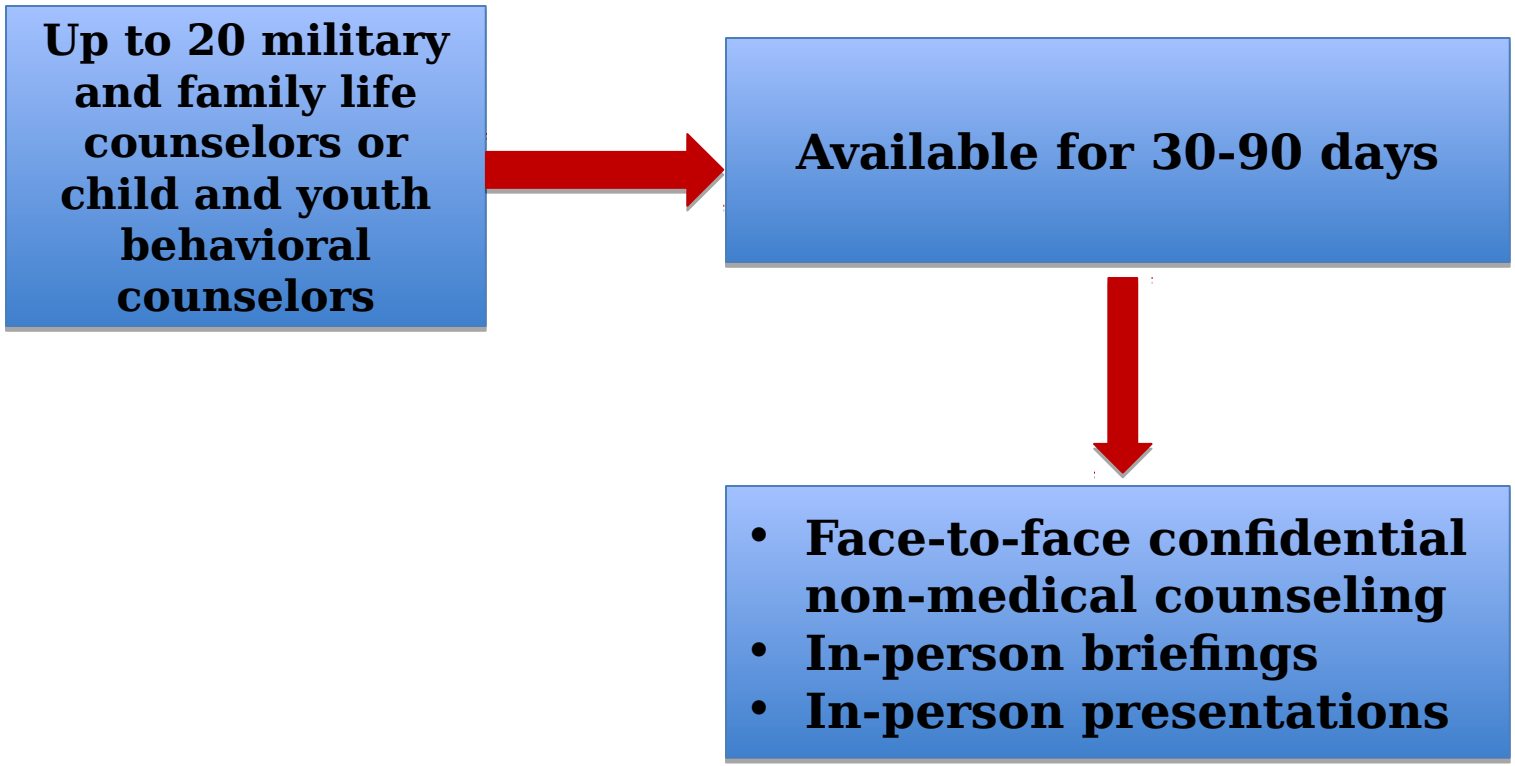
A flexible service option providing support for one to three days at events like:

- Yellow Ribbon Reintegration Programs
- Drill weekends
- Family events
- Annual training
- Marriage retreats
- Youth camps

Service providers can use the Resource Request System to request on-demand support for their next event: https://supportrequest.militaryonesource.mil/.
Visit https://www.militaryonesource.mil/confidential-help/mflc to plan topics for your next on-demand event.

Surge support

When deployment challenges, natural disasters or crises strike …


Up to 20 military and family life counselors or child and youth behavioral counselors
Available for 30-90 days
• Face-to-face confidential non-medical counseling
• In-person briefings
• In-person presentations

How to access support

Don’t wait for a crisis to arise – get the support you need today. Contact your installation’s Military and Family Support Center to discuss support options near you.

Or, if you’re a service provider, request non-medical counseling services for unit events and youth camps at https://supportrequest.militaryonesource.mil.

Discover what the Military and Family Life Counseling Program has to offer at:

http://www.militaryonesource.mil/confidential-help/mflc.

Help promote Military and Family Life Counseling services

The Military and Family Life Counseling Program Starter Kit includes:

- ✓ 100 brochures providing an overview of available services
- ✓ 50 trifolds containing lists of available presentations
- ✓ 10 service-specific posters for distributing throughout installation communit

Visit militaryonesource.mil to order.

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